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No. 44-41

(Digest of Market Basket for October 8, 1941)

October 6, 1941.

MORE MILK

Calling for cooperation in the mightiest food-production program ever launched, Secretary of Agriculture Claude R. Wickard has asked farmers of the United States to top last year's record production of milk.

First, he said, we in this country need to consume more milk for improved health and strength. Second, the British will need tremendous quantities of cheese, evaporated milk, and dried skim milk.

"Back of both these reasons," points out _____
(Name)

_____, "is the story of milk's food value."
(Title) (Place)

According to home economists of the U. S. Department of Agriculture, "Milk is a sound foundation on which to build family meals. For packed into a quart of milk are a lot of essential food values that would be more difficult and more expensive to get otherwise. Furthermore, milk in more concentrated forms of cheese, evaporated or dried milk has the advantage of being easy to ship and handle."

In working out a low-cost diet to meet the new national yardstick for good nutrition, the Bureau of Home Economics of the U. S. Department of Agriculture recommends 3 to 4 cups every day for children, 2 to 3 cups for grown-ups. If there is more money to spend, some of this may be used to advantage for milk for both children and adults.

"The mistaken notion that milk is 'fattening' may cause many persons to neglect it," say the home economists. "Considering the important protective

values of milk, this is an extremely short-sighted policy. Foods are classified as fattening or nonfattening according to the calories they contain. In proportion to its other food values, milk has comparatively few calories - about 170 to a glass.

"Milk qualifies as protective chiefly because of its calcium, its high-quality protein, its vitamin A, and its riboflavin--all necessary to good nutrition. Everyone needs to get calcium in his meals, and milk is one of the best and easiest ways to supply it. Because children are growing, forming teeth, and building bones, they need more calcium than adults do. That's the biggest reason they need more milk than grown-ups."

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